



## Type 2 Diabetes Reversal

# Better health can taste great

### Reimagine what's possible

Virta Health is a nutrition therapy clinic that helps members lower blood sugar, lose weight, and rely less on pricey drugs. Members eat their way to better health thanks to a plan made just for them and support from medical providers, coaches, and digital health tools.

Within 10 weeks, members lowered A1C by 1 point and lost 18 lbs<sup>1</sup>. 87% stopped or reduced insulin, altogether.

### Put a healthy spin on your to-go meals

- Almond flour pancakes and eggs
- Tacos with cheese shells
- French fried green beans
- Sausage jambalaya and cauliflower rice

Check eligibility:

[virtahealth.com/join/bcbsks](https://virtahealth.com/join/bcbsks)

**"It's been so easy to make my meals and life Virta-friendly. It's been 3 months and so far, I've lost 50 pounds...Beyond that, it's become easier for me to be on my feet all day at work, which is a great improvement."**

– Member Mauricio, 09/2022

### Behind Virta's virtual care plans

- Provider care and personal coaching
- Daily support via app and health tools
- Meal tips, shopping lists, and recipe guides



1 McKenzie AL et al. JMIR Diabetes 2017

\* Virta is available to Blue Cross and Blue Shield of Kansas members between the ages of 18 and 79 who are enrolled in an eligible health plan. This benefit is currently being offered to those with type 2 diabetes. There are some medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.

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